

Students at Valley Elementary School Paint a Mural



Visitacion Valley Elementary School students spent several days in January painting a mural in their school yard.

Muralist Josef Norris has guided 4th graders from Ron Machado's class at Visitacion Valley Elementary School to paint a mural on the outside of their school at 55 Schwerin St.

As part of a 16-week workshop funded by the San Francisco School Volunteers and coordinating by Linking San Francisco, the students have studied the history

of migrant workers in California and how Cesar Chavez formed the United Farmworkers (UFW). The workshop has involved field trips, slide shows, videos, lectures and written assignments to help the students learn about the history of the UFW, AFL-CIO. This workshop is part of the Linking San Francisco (LSF) Mural Program that integrates

art and service learning into the school curriculum.

Other LSF mural projects include the *People of the Mission District* on Valencia Street.

Josef Norris, who has supervised 10 student murals in the San Francisco Unified School District, has been working as a muralist in the City for the past eight years.

Third Street Light Rail Construction in Valley to Begin in September

The first phase of construction of the 5-mile Third Street Light Rail Project is now scheduled to begin in March with work starting at 4th and King streets to Third and 22nd streets.

Construction in Visitacion Valley is now scheduled to commence this September and be completed in October 2003. System testing will now be between October 2004 and April 2005.

When completed in April 2005, the new light rail route will run from 4th and King streets to Bayshore Boulevard and Sunnydale Avenue with 19 new stations and a southern terminal adjacent to the current Caltrain Bayshore Station.

During construction of the light rail project, Muni plans to maintain two lanes of northbound and southbound traffic. Police officers, construction flaggers, and the Department of Parking and Traffic (DPT) will be used to facilitate the flow of traffic during construction.

Signs will be posted in advance to alert pedestrians and motorists of detours. In certain circumstances it may be necessary to close additional lanes to traffic while still allowing vehicle access. Muni explained it will try to restrict these additional lane closures to off-peak hours while giving plenty of advance notice to the surrounding community on such occasions.

Muni will also try to maintain parking on at least one side of Third Street and Bayshore Boulevard during construction, while working with DPT and the community to create additional parking along side streets wherever possible.

Other new anticipated start and completion dates include: 4th Street Bridge (DPW Contract): June 2002 to December 2003; Third/ 22nd to Third/

Friends and neighbors came to the Community Center Jan. 18 to celebrate the appointment of Brenda Lopez as executive director of the Department of Children, Youth and Their Families (DCYF). Lopez had recently been appointed to the post by Mayor Willie Brown and commenced her new position on Jan. 14.

A long-time San Franciscan, Lopez's recent work as director of children's programs at Visitacion Valley Community Center saw an increase in the number of quality child care slots available to working families through the development of several new child care centers in the neighborhood.

"Working in partnership with the City, Brenda helped to make San Francisco a national model for early childhood development and care," said Cedric Chua Yap, prior acting director of DCYF.

Jerrold: July 2002 to June 2004; Third/ Jerrold to Third/Donner: May 2002 to August 2004; Third/Donner to Bayshore/ Hester: July 2002 to August 2004; substations and overhead contact systems: June 2002 to October 2004; platform finishes and systems: October 2002 to October 2004; and Muni Metro East LRV maintenance and storage facility: June 2002 to March 2005.

Former VVCC Child Director Now Heads DCYF

Lopez was also a past Chair of the Child Care Planning and Advisory Council for San Francisco, and is co-chair of the Early Childhood Inter-Agency Council of the Starting Points Initiative.

Neighborhood Tree Summit for District 10

A *Neighborhood Tree Summit* by Friends of the Urban Forest for District 10 is scheduled for Wednesday, Feb. 20 from 6 to 7:30 p.m. at the Bayview Branch Library, 5075 Third St.

Friends of the Urban Forest is sponsoring these new series of educational meetings once a year in each of the 11 Supervisorial districts in San Francisco to bring communities together to discuss how the City's trees are managed, the challenge trees face in each community, and to encourage people to plant and maintain trees.

Higher FHA Home Mortgage Limits

WASHINGTON - The New Year brings better news for low-income and first time home buyers following a recent announcement from HUD that the Federal Housing Administration (FHA) has increased its single-family home mortgage limit by nine percent.

Effective Jan. 1, FHA is now insuring single-family home mortgages up to \$144,336 in low cost areas and up to \$261,609 in high cost areas. The loan limits for two-, three- and four-unit dwellings also increased. The FHA has sent letters to thousands of mortgage lenders and brokers to make them aware of the higher rates that can help families.

"For the last year, housing has remained one of the stalwarts of our economy," said Martinez. "These new loan limits will further contribute to an even stronger housing market in 2002 and expand homeownership opportunities for many more families."

The increase in loan limits will enable more working families to become homeowners and will help the FHA mortgage insurance program to keep pace with the robust housing market. Low-income and first time homebuyers are attracted to FHA-insured loans because the agency requires only a three percent downpayment and permits family and friends to contribute to the initial home buying expenses. In addition, FHA has more relaxed credit standards and permits borrowers to carry more debt than private mortgage insurers typically allow.

The increase in mortgage limits combined with benefits such as the reduction in FHA mortgage premiums

announced last year makes FHA an even more attractive home mortgage product.

The new loan limits are part of an annual adjustment HUD makes to account for rising home prices. Under federal law, loan limits are tied to the conforming loan limits of Freddie Mac and Fannie Mae, federally chartered corporations that buy and package mortgages.

Three years ago the loan limits ranged from just \$115,200 to \$208,800, levels below the cost of many homes in many communities. As a result, families who needed FHA mortgage insurance to qualify for buy a home were effectively locked out of the process.

The higher FHA loan limits will not cost the government any money, because the FHA Insurance Fund is fully supported by premiums paid by borrowers who receive FHA insurance.

The increases will also benefit senior citizens who qualify for FHA-insured reverse mortgages. Reverse mortgages allow homeowners age 62 and older to borrow against the value of their homes without selling them. Homeowners can select a lump-sum payment, monthly payments or tap into a line of credit. No repayment is required as long as a homeowner lives in a home with a reverse mortgage. The reverse mortgage is repaid, with interest, when a homeowner sells the home or dies.

With the new limits, HUD anticipates it will endorse \$120 billion in single-family mortgages for 1.2 million homes in 2002, an increase of \$14 billion and 200,000 homes over 2001 levels.

Coalition Formed to Protect Tax Revenues in City

Local government officials throughout California are uniting to impose impending legislation in Sacramento that would create a *pilot program* to redistribute future growth in local sales taxes.

The initial target for tax redistribution is the Sacramento region, but critics warn that if the program is ultimately extended statewide, hundreds of cities will be at risk of losing tens of millions of dollars in vital local sales tax revenues in the future.

Local elected leaders and taxpayers know best the unique needs of their individual communities and that they – and not state politicians – should decide how the sales tax revenues are distributed.

agencies in the surrounding region on the basis of population. The legislation then could take the final one-third if a particular city does not "measure up" to new state-imposed requirements for affordable housing, homeless care, urban infill, open space acquisition and other programs.

For the past 25 years, state and federal support for local government has plummeted, while the number of mandated programs and services has grown.

According to the State Legislative Analyst, San Francisco relies heavily on sales taxes to pay for emergency response, police and fire protection, street repair and lighting, libraries, parks and other services.

Sales tax revenues for San Francisco in 1999-2000 was \$128 million.

"City officials outside the Sacramento area are worried that this legislation sets a precedent to redistribute local government revenues in other regions of the state," noted the League of California Cities.

The legislation, Assembly Bill 680, authored by Assemblyman Darrell Steinberg (D-Sacramento) allows cities to keep only one-third of sales tax growth revenue from cities to other jurisdictions and

Nigerian Sculpture Demonstrations at Academy of Sciences

Nigerian sculpture demonstrations continue at the California Academy of Sciences in Golden Gate Park Wednesday through Saturday, 10 a.m. to 4 p.m. until Mar. 31.

Using mud clay, Nigerian artist Geoffrey Nwogu is creating a family of three Igbo deity figures, displayed against a colorful, geometrically-patterned backdrop. The finished installation will resemble a typical Mbari house, customarily built as a ritual offering to the gods in villages in Igbo land, Southeastern Nigeria.

Adjacent to the display is a children's table where young people can make their own clay figures to take home on Saturdays only from 1 to 3 p.m. Call 750-7164 for further information.

King Senior Housing Almost Ready



After several years of planning and construction, John King Senior Community on Raymond Avenue was near completion in January as workers put the finishing touches on the 91-unit complex.

Grapevine Mailbox

In Case of Wallet Theft

Dear Readers:

A corporate attorney sent this out to all the employees in his company.

Place the contents of your wallet on a photocopy machine or your scanner and copy both sides of each license, credit card, etc. You will know what you had in your wallet and all of the account numbers and phone numbers to call and cancel in case it gets lost, or worse yet, stolen. Keep the photocopy in a safe place.

We have all heard horror stories about fraud that is committed using your name, address, SS#, credit, etc. Unfortunately I actually (the author of piece who happens to be an attorney) have first hand knowledge, because my wallet was stolen last month, and within a week the thief(s) ordered an expensive monthly cell phone package, applied for a Visa credit card, had a credit line approved to buy a Gateway computer, received a PIN number from DMV to change my driving record information online, and more.

But here's some critical information to limit the damage in case this happens to you or someone you know:

1. As everyone always advises, cancel your credit cards immediately, but the key is having the toll free numbers and your card numbers

Better Recycling in States

SACRAMENTO — A new report says consumers in the 10 states with bottle bills recycle dramatically higher volumes of beverage containers than their counterparts in non-deposit states, and that California's unique system is the nation's most cost-effective.

The report, Understanding Beverage Container Recycling: A Value Chain Assessment, was recently released at the annual National Recycling Coalition Congress in Seattle. Using data from 1999, the report says bottle bill states averaged 422 containers recycled per capita — 373 per capita in California — compared with 127 per capita in non-deposit states using curbside collection and 31 per capita for neighborhood drop-off programs.

While pointing out the environmental benefits of recycling — energy savings, avoided greenhouse gas emissions and avoided landfill use — the report also noted a general downward trend in beverage container recycling nationwide.

In comparing the cost effectiveness of various recovery systems, California's came in at 0.55 cents per container recovered. Traditional deposit programs averaged 2.21 cents per container. Curbside programs averaged 1.72 cents per container. Residential drop-off programs averaged 0.30 cents per container, but had by far the lowest recovery rates.

"While we're happy to see that California's recycling program, and deposit programs in general, are leading the way in beverage container recycling, we're not satisfied with what we've done," said Darryl Young, director of the California Department of Conservation, which administers the state's bottle bill. "We're working to raise recycling rates in California. In 2000, more than 6 billion bottles and cans ended up in the trash. Californians can do better than that."

California's system differs in several ways from traditional deposit programs. Most notably, containers are redeemed at privately owned recycling centers rather than at retail stores. Also, the deposit is 2.5 cents on containers less than 24 ounces and 5 cents on containers 24 ounces or greater, compared with the 5 or 10 cents typical in other programs, and containers do

handy so you know whom to call. Keep those where you can find the easily.

2. File a police report immediately the jurisdiction where it was stolen, this proves to credit providers you were diligent, and is a first step toward an investigation (if there ever is one).

3. But here's what is perhaps most important (I never thought to do this). Call the three national credit reporting organizations immediately to place a fraud alert on your name and SS# (And call the Social Security fraud line). I had never heard of doing that until advised by a hank that called to tell me an application for credit was made over the Internet in my name.

The alert means any company that checks your credit knows your information was stolen and they have to contact you by phone to authorize new credit. By the time I was advised to do this almost 2 weeks after the theft, all the damage had been done. There are records of all the credit checks initiated by the thieves' purchases, none of which I knew about before placing the alert. Since then, no additional damage has been done, and the thieves threw my wallet away this weekend (someone turned it in). It seems to have stopped them in their tracks.

The numbers are: Equifax: 1-800-525-6285; Experian (formerly TRW): 1-888-397-3742; Trans Union: 1-800-680-7289; Social Security Administration (fraud line): 1-800-269-0271.

Where Deposit is Charged

not have to be sorted by brand or distributor.

The report is the work of a task force put together by the group Business and Environmentalists Allied for Recycling (BEAR). The task force consists of representatives from BEAR's steering committee as well as representatives of a major beverage producer, a container producer, a waste management firm, a plastics processor, and local and state government.

CDA Suggests a Clean Slate for Healthier Teeth

Habits? Everybody has them. Some we develop consciously, like regular exercise, while others we barely notice. The same is true of oral care habits, whether they're conscious, like brushing and flossing, or unconscious, like pencil-chewing. A new year is a good time to break old habits and start new ones. According to the California Dental Association, starting good habits can keep your smile bright all year long.

To keep your smile bright in 2002, resolve to stop:

*Nail-biting. An important habit to avoid, particularly if you have fragile, reconstructed or cosmetically enhanced teeth. Nail-biting can also result in irritated gums, at least in part from bacteria lurking under the nail. Carry sugarless gum if the habit originates from stress.

*Ice-crushing. Chewing on ice cubes can crack or break teeth, fillings and crowns. It can also irritate the nerve and reduce the tooth's resistance to stress.

*Pencil-chewing. Chewing pencils and pens can affect proper development of teeth, not to mention introducing possibly harmful substances into the digestive system, and there's also the possibility of ink staining those pearly whites.

*Tooth-grinding. An estimated 95 percent of people grind or clench their teeth, often in their sleep, which results in tooth wear and gum recession. Try to become aware of when you clench your jaws and make a conscious effort to relax them. If the problem persists, seek the advice of a dentist.

*Opening bottles. Unnecessary chips, fractures and dislocations occur as a result of opening bottles with the teeth.

*Thumb-sucking. The most common habit of infancy, yet also on the rise among adults under stress, thumbsucking can cause front teeth to protrude and may also cause gums to recede.

*Smoking. Cigarette, cigar and pipe smoking increase your risk of gum and oral cancers; it can also discolor teeth. In addition, "smokeless" tobacco can generate a white precancerous growth called leukoplakia, which can progress to oral cancer. Nicotine also reduces blood flow to gums, which diminishes natural resistance to infection while contributing to detachment of gum tissue from the tooth.

Not a Happy Time for

by Robert E. Swift

From a front-page article in industry trade newspaper Women's Wear Daily (WWD): "The U.S. textile industry just keeps on unraveling. Burlington Industries Inc. filed for bankruptcy court protection on Thursday. The news came a day after VF Corp. announced plans to cut 13,000 jobs."

"Cone Mills and Dan River recently recorded losses for the nine months ending in September." Noted the executive director of the Textile Distributors Association, "It (Burlington's announcement) has a ripple effect that is far beyond the textile industry. In towns where they're located, if they shut plants, they can effectively shut down the whole town."

The September 11 terrorist attacks rightly rallied the government in support of the airline industry and other businesses so dramatically affected by the tragic event. New York City alone lost 79,000 jobs so far. So in the interest of supporting a sagging economy, the Administration should consider other segments which are also in critical condition.

The textile and apparel industry lost more than 600,000 jobs—approximately six times the number of jobs projected to be lost from the airlines—since the advent of the North American Free Trade Agreement in 1994. These jobs are lost forever because the mills are closed. Without government intervention that alters policies which make imports more attractive, or which encourage companies to move manufacturing jobs offshore, the manufacturing sector, not only in textiles and apparel but throughout industries, will be deeply weakened.

Information Californians Need to Know This Tax Season

It's true, millions of Californians can do their tax returns themselves, take advantage of tax credits to lower their taxes, and use technology to perform their tax transactions, according to the Franchise Tax Board (FTB).

State Controller and Chair of the FTB Kathleen Connell states: "People think about doing their own taxes as being a fairy tale. Using my simplified tax form, the 540 2EZ, most people can complete their own tax returns in minutes. Do your taxes yourself, it's really that simple."

Simplified Tax Filing

Use the 540 2EZ. About the size of a postcard, the 2EZ is a simpler short form involving fewer calculations. This return requires only three pieces of tax information (wages, interest, withholding) and takes around 10 minutes to complete since most of the math calculations have been incorporated into special tables. Starting in February, taxpayers can complete the Form 540 2EZ on-line.

Tax Credits

*Solar Energy Credit - This is a new credit available to taxpayers who purchase and install a solar energy system. The credit is the lesser of 15 percent of the cost of the system or \$4.50 per watt of generating capacity.

*Child and Dependent Care Expenses Credit - This credit provides up to \$907 for taxpayers who pay for

Prevention, Medication Key to Minimizing Flu and Cold Misery

It's the season of giving—and unfortunately that extends to flu and colds.

Fortunately, you can minimize your chances of catching either bug, and your pharmacy has relief if your preventive efforts fail.

"Both flu and colds are viruses, and they can spread quickly and easily from person to person," said Rite Aid Pharmacist Sarah Matunis, R.Ph. "A flu shot is available to help you avoid contracting this virus. Unfortunately, no such shot exists for cold viruses because there are too many varieties to handle with one shot."

To minimize your exposure to both illnesses, Matunis suggests avoiding prolonged contact with infected people, washing your hands frequently and not rubbing your eyes and nose. A cold virus can survive up to three hours on objects like doorknobs and tabletops that an infected person has touched.

If, in spite of your best efforts, you still come down with a cold or flu, you can wage a pretty successful battle against the symptoms.

"When selecting an over-the-counter

Jobless Manufacturing Workers in America

America continues to lose jobs here in direct proportion to increases in manufacturing assignments shifted outside the U.S. China is a dramatic case in point. According to a Cornell University study, investments in China by American firms have increased from \$200 million in 1989 to \$7.8 billion in 2000, and the country once described as a "sleeping giant" is now our fourth largest trading partner. This dramatic growth in trade and investment with China has had a significant negative impact on employment and wages for workers in the United States, according to another study funded by the federal government. Its findings strongly indicate that trade is leading to a massive shift of jobs around the world, with a growing mass of losers, including the U.S.

More than 80 U.S.-based corporations announced their intention to shift production to China between October 2000 and August 2001, an estimate that may reflect only half of all shifts. The projected number of jobs lost as a result was as high as 34,900, compared to 26,267 jobs lost to Mexico and 9,061 lost to other Asian countries.

No wonder consumer confidence is down. In the corporate quest for lower production costs and higher profits, shifts to China and other countries, stagnating wages and massive layoffs, the promise of rising standards of living as a consequence of globalization has turned to disaster for many American wage earners while their foreign counterparts take their jobs.

The Made in U.S.A. label is more important than ever. This statement points to an American worker's labor, which is drawing pay and contributing

to our economy. Until our government acts to reverse the perilous position they've placed our manufacturing sector in, it's our most effective means to keep jobs here. Look for it when you shop this holiday season and beyond.

Robert E. Swift is executive director of the Crafted with Pride in U.S.A. Council, headquartered in New York City. NAPS

How American Business Works

When it comes to productivity, Americans are all business. In 2001, American workers recorded some of the highest levels of productivity in the world.

A survey found American employees produced at higher levels than the UK, France, and Hungary and Austria with productivity levels of 61 percent, compared to levels of 50 and 60 percent by most businesses in other global regions.

The study, called "Lost Time: The Global Productivity Survey," was conducted by Proudfoot Consulting. The survey shows that based on 225 working days, 88 are lost due to unproductivity, costing business \$2,375.1 billion dollars annually. If American businesses functioned at the optimal 85 percent productivity level, then the U.S. could potentially gain \$1,461.6 billion annually. Some economists are encouraged by the survey's price tag for increasing U.S. productivity to higher levels: Zero. Proudfoot speculates the quality of existing business technology and workers will let American companies improve productivity through internal adjustments rather than large capital investments. NAPS

www.ftb.ca.gov to get a quick overview of important information for this year's taxes, get answers to frequently asked tax questions, take advantage of fillable forms, and download current and prior year tax forms.

FTB's automated phone service at (800) 338-0505 is available anytime to request both state and federal tax forms, get answers to frequently asked questions, and to check on payments, balances due, or refunds. FTB prints the menu to navigate the automated phone system on the back of the tax booklets.

Free Tax Help at VITA Centers

For taxpayers who want help completing their tax forms, the Volunteer Income Tax Assistance and Tax Counseling for the Elderly programs staff more than 1,100 volunteer centers statewide. They offer free tax assistance to low-income, senior, and disabled individuals. Bilingual tax assistance is available in some locations for non-English speaking individuals. For the nearest location, call FTB or visit our Website.

Not Everyone Must File

FTB bases the requirement to file a California tax return on income amounts and special exemptions for dependents and seniors. Since thousands who file each year do not have to, FTB encourages taxpayers to refer to the tax booklet instructions to determine if they have a filing requirement.

congested, wet coughs.

*Muscle aches and headaches: Analgesics.

Several prescription drugs can help shorten the length of a flu bout but only if taken within a day or two of the first appearance of the symptoms. Zinc, echinacea and vitamin C are touted to help prevent and/or shorten colds, but there are conflicting studies about their effectiveness.

"When in doubt, turn to your pharmacist for help in deciding which products you should use," said Matunis, explaining that Rite Aid's pharmacists receive ongoing training to help them stay up-to-date on the latest products. "Your pharmacist can review these products for drug interactions and instruct you on the proper dosage, both of which are especially important for seniors and children. Contact your family doctor if symptoms persist or become severe."

For more information on colds and flu, see your specially trained Rite Aid pharmacist or go to www.riteaid.com to "Ask the Pharmacist." NAPS

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Community Justice Office Opens On Sixth Street

District Attorney Terence Hallinan officiated the grand opening of the Sixth Street Community Justice Office Jan 8, and introduced Assistant District Attorney Mike Menesini, who will be working at Sixth Street three afternoons a week. The office is located at 136 Sixth St. in the Sunnyside Hotel. "Our primary purpose," said Hallinan, "is to make life safer for the people who live on Sixth Street and the surrounding community."

Outreach staff from the Department of Human Services will be at the office on a weekly basis to help residents access Food stamps, Medi-Cal, and Housing and Homeless Services.

One of the first projects Mcnesini intends to organize is a community court to serve the Sixth Street corridor. Four such courts – in which a panel of community members hears selected misdemeanor cases – have been launched in recent years by the District Attorney's Office.

Ex-Controller Charged With Embezzlement Surrenders to Police

Edward Anthony McCann, 50, surrendered himself on Jan. 10 in response to a warrant issued by the San Francisco Superior Court. the warrant, sought by District Attorney Hallinan, charges McCann with embezzlement of approximately \$3.5 million from Golden Gate University; money laundering; and under-reported income to avoid taxes. The alleged thefts occurred between September 1996 and early 2000. During this time McCann was in charge of the accounting department at Golden Gate.

According to the declaration filed with the complaint and warrant, McCann had set up a fraudulent company, then authorized payments to be made to that company. The fraudulent company was owned solely by McCann, who spent the money on real estate and on personal items.

If convicted, McCann could be sentenced to a term of 14 years in prison.

"This man used his position as a longtime, trusted employee to steal millions of dollars from the university," said Hallinan.

San Francisco DA Investigator Jaime Briones, working with Golden Gate University auditors, uncovered the magnitude of the embezzlement.

Former S.F. Eligibility Worker Captured In Los Angeles

Samuel Lee Davis, 44, was arrested Jan. 10 by SFDA investigator Dave Parenti along with two LA County investigators. Davis was arrested at a residence located at 1218 S. Dunsmuir Ave. in Los Angeles.

Davis, an eligibility worker charged with embezzling some \$420,000 from San Francisco Department of Human Services, became a fugitive from justice when he failed to show up for his trial on Nov. 30.

A no-bail bench warrant for Davis's arrest was issued by Superior Court Judge Kevin Ryan. Another judge had previously released Davis on his own recognizance over the strenuous objections of the San Francisco District Attorney's Office, which had requested that Davis be required to post a bail bond to secure his attendance at future court dates.

Have You Heard?

*Light travels faster than sound. This is why some people appear bright until you hear them.

*I wished the buck stopped here, as I could use a few.

*A fine is a tax for doing wrong. A tax is a fine for doing well.

*A day without sunshine is like ... night.

*The 50-50-90 rule: Anytime you have a 50-50 chance of getting something right, there's a 90 percent probability you'll get it wrong.

*Nothing is foolproof to a sufficiently talented fool.

*Despite the cost of living, have you noticed how it remains so popular?

Top Ten Overlooked Income Tax Deductions

by Jeff Schnepfer

Each year, thousands pay too much in taxes. Read this before you file.

1. Pay off debt with a home equity loan rather than credit cards. Personal interest is not deductible. The interest on up to \$100,000 of debt is deductible as home equity interest.

2. Contribute old clothes, furniture and other items to charity. You can deduct the wholesale fair market value of non-cash contributions to any qualified charitable organization. You can also deduct your mileage – at a rate of 14 cents a mile – if you use your car for charitable purposes. Make sure you get a receipt.

3. Bunch your deductions. Many deductions, such as medical expenses, require you to overcome a minimum. That means if you know you're going to spend a large amount on medical bills this year, see if there are others you can take now rather than next year. If your daughter needs orthodontia work, do it in the year where you know you can get the deduction.

4. Let the IRS subsidize your job search. Job hunting expenses are deductible as miscellaneous itemized deductions. Such expenses would include resumes, phone calls, postage, travel costs and any other expenses related to your attempt to get a new job.

5. Investment expenses are allowed as miscellaneous deductions. Such expenses include investment publications, payment for investment advice, calls to your broker and any other expenses related to the production of

investment income.

6. Keep receipts on any business supplies or business-related gifts you make. The key is that you use the items in the business, not that you necessarily need them.

7. Tax planning advice is deductible. 8. Not only medical expenses, but any special equipment or treatments you receive, are deductible. Capital expenditures are deductible to the extent their cost exceeds the added value to your property. If you have a medical condition that can be helped by a sauna or a whirlpool, those items are deductible. If you use your car for trips to the doctor, keep a record and deduct 10 cents a mile for tax purposes.

9. Deductible medical services don't have to be performed by your doctor if you have a condition like a bad back and your doctor says you need a daily massage or other type of treatment. Get a written note from your doctor saying you need those services.

10. Self-employed owners can deduct the costs of hiring their children as workers. If your business is unincorporated and they're under 18, you won't be liable for any Social Security or Medicare taxes. This has been allowed for children as young as seven.

Some of the above techniques are aggressive, but all are legal – backed up with court cases, revenue rulings and the like. If they're appropriate for you, use them. Otherwise, you're making a nondeductible contribution to the IRS. See www.money.msn.com.

NAPS

Safety a Top Priority for Car Shoppers

Automakers know safety is often top-of-mind for consumers looking to buy a new car. Car buyers want to be sure they are putting themselves and their families in one of the safest vehicles on the road. However, they don't always know what features are available.

Researching a car's statistics, crash-test results and consumer feedback about safety can be a good place to start, as well as an indicator of a car's dependability.

It also is important to know what safety features to look for when evaluating the purchase of a new car:

*Standard driver and passenger front airbags with optional seat-mounted side airbags and side curtain-shield airbags, designed to protect the head of front-and-rear-seat passengers and the torsos of front-seat occupants

*Crumple zones and side-impact door beams to help absorb the energy of a collision and deflect and distribute side-impact forces

*Head impact protection structure that covers the areas on side-roof rails. It is designed to help dissipate impact loads in the event an occupant's head strikes the structure during an accident

*Three-point front and rear seatbelts with emergency locking retractors

*A child restraint system consisting of two lower anchor brackets and a top tether anchor

*Child-protector rear door locks to help prevent children from inadvert-

ently opening a door

*Anti-lock braking system (ABS) with electronic brake force distribution that modulates brake pressure during hard braking to help avoid wheel lock-up and help maintain vehicle control

*Vehicle skid control (VSC), an electronic system that monitors speed and direction, and compares the vehicle's direction of travel with the driver's steering, acceleration and braking inputs. VSC can help compensate for loss of traction which can cause skids

*Adjustable pedals for shorter drivers to have comfort and ease in using the brake and gas pedals safely

*A glow-in-the-dark internal trunk release handle to help prevent children from becoming locked inside

*Quad multi-reflector headlamps for enhanced night driving visibility

*GPS Navigation System, a high-performance DVD navigation system to help ensure that you'll never get lost or have to pull over to ask for directions

Children should never be placed in the front seat near an active airbag. Therefore, when considering the purchase of a pickup truck or two-seat sports car, be sure the vehicle comes equipped with an airbag cut-off switch.

Safety features are constantly being updated with new technology. Many of the features listed above now come standard or optional on popular mid-priced models.

NAPS

ASK DR. PEARLE

Regular visits to your eye doctor are so important, for your vision and for your overall health. It's also important to understand the broad spectrum of eye health issues that affect you and your family. Here are some of the many questions patients ask me and the independent doctors of optometry affiliated with Pearle Vision.

Q. I'm 44 years old and for the first time I'm having trouble focusing, especially on objects that are close up. Does this mean I need glasses?

A. You may have a condition called presbyopia. Presbyopia is the gradual decline in the ability to focus on close objects or to see small print. Regardless of your prior vision correction needs, presbyopia is considered a normal and virtually inevitable part of the aging process. Often beginning in their 40s, people experience blurred vision when viewing objects up close, such as when reading, sewing, or working at a computer. If you find yourself holding items at arm's length in order to focus, it's time to see an optometrist – especially if you haven't had an eye exam recently.

Reading glasses, contact lenses or eyeglasses can usually correct the problem. Annual eye exams by a doctor of optometry are essential to maintaining optimum vision during

Saturdays are Special at Randall Museum

The Randall Museum offers drop-in, hands-on art and science workshops every Saturday from 1 to 4 p.m. at 199 Museum Way (off Roosevelt, above the Castro). All ages are welcome; under 8 must be accompanied by an adult. Museum admission is free with \$3 per person workshop fee. Call 554-9600 for further information.

*Feb. 2: *Carnivorous Plants* – Come and see a display of plants with incredible insect trapping mechanisms, talk to carnivorous plant experts, and make a little green monster that actually catches flies.

*Feb. 9: *Valentine Cards* – Create a card with red and pink papers, lace,

one's lifetime. Routine eye examinations offer the best hope for early detection of conditions such as presbyopia, and to rule out eye diseases such as glaucoma, macular degeneration and diabetic retinopathy, all of which seriously affect vision.

If you're in need of an eye exam, new eyeglasses or contact lenses, the eyecare professionals at Pearle Vision recommend scheduling an appointment before the end of the year. Many vision insurance benefits expire at the end of the calendar year. Therefore it's wise to take advantage of your benefits before time runs out.

Q: I believe that I have vision insurance benefits through my employer. How can I best take advantage of the vision services that are available?

A: A variety of optical services may be available to you and your family at a substantial discount or even paid for through your current health plan or employer group. To find out if you're eligible for eyecare, start by reviewing your employee benefits package. If you can't find the information you're looking for, contact your human resources department or call your health plan's member services department. If you are eligible for vision benefits, call your eyecare provider in advance to schedule an appointment and to confirm the provider's participation.

NAPS

woven hearts, ribbon and special messages for your valentines.

*Feb. 16: *Dancing Dragon Toy* – Create your own Chinese dragon and make it dance to celebrate Chinese New Year.

Come and see the winning science fair projects from the 20th annual San Francisco Middle School Science Fair on Saturday, Feb. 23 from 10 a.m. to 3 p.m.

Other regular Saturday activities include:

*Golden Gate Model Railroad Exhibit from 11 a.m. to 4 p.m.

*Meet the Animals from 11:15 a.m. to 12 noon.

*Animal Feeding at 12 noon.

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Wednesday Bible Study: 11:00 a.m.
Friday Bible Fellowship: 7:30 p.m.
Saturday Choir Rehearsal: 10:00 a.m.

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Book Reviews

A Really Great Book of Landmark Proportions

The Empire State Building, once again New York's tallest building, reminds Americans that great skyscrapers have enormous symbolic importance.

While fear about such landmarks is running especially high among people who work in them, the recent terrorist attacks did little to tarnish the Empire State Building's appeal to the tycoons who fought over it for much of the last decade.

This real-life soap opera for ownership and prestige is the focus of *Empire, A Tale of Obsession, Betrayal and the Battle for an American Icon* (Wiley, \$27.95), by Mitchell Pacelle.

From the battle for skyline supremacy, to being accidentally struck by a plane in 1945, the Empire State Building has a fascinating past:

*A Japanese billionaire accused his daughter of stealing the building (she said it was a gift).

*A hot battle erupted between Donald Trump and Leona Helmsley over the 114-year lease.

*King Kong attracted tenants.

Making Peace

Can you really make peace with anyone? That is the subject of a fascinating new book that shows how you can end any conflict—whether it's an office tiff or a 10 year rift.

In his book, called *Make Peace With Anyone*, legendary behaviorist Dr. David J. Lieberman shows how to bring people back together, no matter how hopeless the situation. The step-by-step techniques also show how to get anyone to forgive you for anything—no matter what you've done. According to Dr. Lieberman, among the steps towards gaining forgiveness:

*Take full and complete responsibility for your behavior.

*Begin to make restitution any way that you can.

*Make a change in your life that will prevent you from doing the same

thing again.

*Offer suggestions for the consequences. This puts you psychologically on the same side.

*Give the person complete control over how fast things progress and what happens next.

If you can't get the person to talk to you, put these ideas into a note or on an audio cassette or videotape. The book shows readers exactly what to say and what to do to bring peace to any situation. Anyone can use the power of psychology to transform any relationship. Now, turning a foe into a friend or ending a feud between others is just a technique away.

Dr. Lieberman's work in human behavior has been translated into 15 languages and is used around the world by governments, corporations and professionals in more than 25 countries. More information about Dr. Lieberman's techniques and his book is available by visiting the Web site www.MakePeaceWithAnyone.com. The book is also available at bookstores across the nation.

Seeing War Through A Father's Eyes

How would you define a hero?

According to Jim Loose, author of *My Father's Eyes* (Brown Books, \$24.95), "a hero is a person exactly like the rest of us—who in a specific situation, in response to a tremendous challenge, behaves in a way that ascends to the height of human nobility."

In his book, Loose, himself a veteran, pays tribute to The Greatest Generation and a hero he has known well, his military dad.

The book is a son's journey into a father's war. *My Father's Eyes* is more than a historical novel, it has been described as an intimate and powerful psychological portrait of American families today. It also depicts a man's personal battle in the rage of war.

The act of researching and writing this based-on-truth family and action novel helped the author understand his father's emotionally powerful journey into and out of war—and helped close a chapter of his family's and his father's life.

Loose's father served in the legend-

ary 10th Mountain Division (the same division that Bob Dole fought in and the same one that was called to lead the battle into Afghanistan) in the Battle of Riva Ridge.

Loose's dad was a platoon leader in charge of a 40-man platoon that found itself surrounded by 200 elite German mountain troops in Italy during WWII and against staggering odds. Loose brought his men through the battle and became a decorated hero.

Loose's dad's story almost didn't make it out of his memories. This meaningful, reality-based novel with a social message grew out of his son's discovery that his father was a decorated hero, even though he had never spoken about it.

The book was written after a purely accidental meeting with a man who recognized Jim Loose's last name and said he had served with his father in WWII.

For his research, Loose took his father back to Italy to retrace his steps during the war. The psychological impact is described as intense. For the first time in his life, Loose understood who his father really was. Learning this gave him the idea for *My Father's Eyes*. The book begins with a widow and her three grown children leaving the cemetery where they have just attended the burial of Colonel Louis 'Lucky' Jagers. It then unfolds through one long weekend as Lucky's children discover who their father really was by reading a secret journal he kept during the Second World War. Learning about the events that shaped their father, they came to a more profound understanding of their own lives.

Recipe for Home Success

Families and success go hand in hand. From his meager beginnings as a youth in Russia to his business beginnings in New York City, real estate mogul Charles E. Smith worked to create opportunity in the face of adversity. Now a new book penned by Smith's grandson examines how he was able to guide his family as a mentor.

Conversations with Papa Charlie (Capital Books, \$22.95) by David Bruce Smith forgoes the traditional biography format and instead opts for friendlier vignettes as a way to pass

along the singular humor, wisdom and enthusiasm of Charles E. Smith.

"Papa Charlie was kind and gentle, and his laughter could instantly dispel sadness," writes Smith, "but the most important thing he did for me was to constantly encourage me, even if I didn't understand why."

Throughout the book, "Papa Charlie" teaches readers:

*Why it's important to ask the children their opinions.

*How to include families in your everyday business life.

*The significance of making children responsible for their own charitable giving.

The author's memories subtly reveal the wisdom of a man who symbolized the generation of turn-of-the-century immigrants who made such a vital contribution to the "American Century."

The author also explains how his grandfather used signs, dreams and wishes to navigate through the business web. He further shows how Charles E. Smith used a "sixth sense" to become the icon we know today.

David Bruce Smith is senior vice president of commercial property management at the Charles E. Smith Companies, president of the Institute of Psychobiology in Jerusalem and editor-in-chief of *Crystal City* magazine.

Public Buying Book Originally Written for Emergency Professionals

Firefighters, police and emergency workers always seem to know exactly what they are doing, even in the chaos of disaster sites. Who teaches the men and women who are charged with saving our lives?

Hank Christen, MPA, EMT, and Paul Maniscalco, MPA, EMT/P, are two men who literally write the textbooks that train our emergency responders: police, fire and EMT professionals on what to do when the unimaginable occurs. They never expected their second book on terrorism, *Understanding Terrorism and Managing the Consequences* (Pearson/Prentice Hall, \$29.95) to sell out.

The textbook, originally published as

a 592-page hardcover instructional guide, contains detailed and sobering instructions on responding to weapons of mass effect, such as anthrax, smallpox, Ebola, plague and other bacteriologic warfare agents, as well as chemical and radiological weapons. Practical recommendations and tactical responses are described, including signs, symptoms, treatments and prevention.

"This text is the first of its kind and fills a critical void," says Frank J. Cilluffo, Deputy Director and Senior Policy Analyst at the Center for Strategic and International Studies in Washington, D.C. "The authors provide a road map for the practitioner for dealing with a mass-casualty terrorist event. This book will help improve the odds in favor of the emergency responders and, in turn, the American people."

The book also examines cyber-terrorism and crime scene operations, and includes updated guidelines from the best practices of emergency response organizations from around the world.

"Terrorism experts have known for a long time that our country is highly vulnerable on many levels. And September 11 proved only too vividly that the unthinkable can occur," says Maniscalco. "Our goal as authors was to give the best information possible to the men and women on the front line of crisis situations. A new goal, with the sudden and surprising popularity of the book, is to make sure the public understands and respects the training, dedication and courage of our firefighters, police and emergency responders."

Maniscalco and Christen both have extensive experience in on-site emergency response, including the recent attacks, the Atlanta Olympics, Oklahoma City and 1993 World Trade Center bombings. They have both served on government terrorism task forces and are known and respected in the emergency response community.

Understanding Terrorism and Managing the Consequences is available in now major bookstores. You can also call 800-282-0693, visit www.policetrainingstore.com, or www.amazon.com. NAPS



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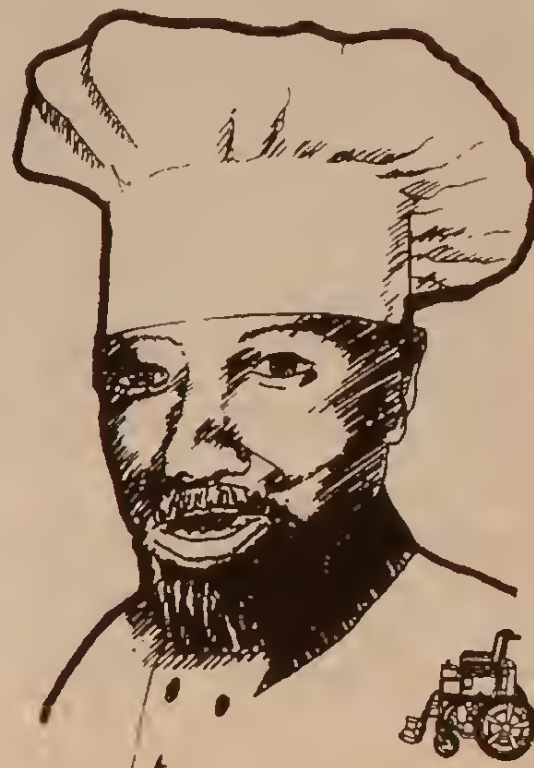
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Senior Central District #7 and Kaiser Permanente Hospital will sponsor a FREE workshop on Allergies and Asthma with information for you and your family on Wednesday, February 13, 2002 from 10:30 to 11:30 a.m. at Senior Central District #7, Visitacion Valley Community Center, 66 Raymond Avenue, San Francisco, CA 94134. Guest Speaker is Peg Sterub, MD, Chief of Allergy Department, Kaiser Permanente Hospital. For more information please contact Senior Central District #7 at (415) 330-1789 or 330-8555.

Grapevine Puzzler Nevada Towns (Part 1)

G L E N B R O O K D O O W N O T T O C V
O O I N E D I A M O N D E E T H E S A A
O G M A Y A B L A T S Y R C J E R A R L
D A L E C A E D R N I T S U A N I G S L
S N A J S T O G E Y B A K E R D P E O E
P D Y H C N W B T E E G F N B E M V N Y
R A E C V E A A A L A S Z O I R E S A L
I L L A D C W T W L T S C T D S T A S E
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B O U L D E R C I T Y L A D A M A A M A
E L L I V R E K N U B D L K C E L L A H

Alamo	Carson	Ely	Henderson
Amargosa	City	Empire	Hiko
Valley	Cottonwood	Eureka	Imlay
Austin	Cove	Fallon	Incline
Baker	Crescent	Fernley	Village
Battle	Valley	Gabbs	Indian
Mountain	Crystal	Gardnerville	Springs
Beatty	Crystal Bay	Genoa	Jackpot
Beowawe	Dayton	Gerlach	Jarbidge
Blue	Deeth	Glenbrook	Jean
Diamond	Denio	Golconda	Lamoille
Boulder City	Duckwater	Goldfield	Lake Tahoe
Bunkerville	Dyer	Goodsprings	Las Vegas
Caliente	East Ely	Halleck	Laughlin
Carlin	Elko	Hawthorne	Logandale

Historic Proportions

- Match clues to answers
- 141
- Inaugurated for third presidential term on Jan. 20.
 - Set baseball record on July 2 by hitting safely in 45 games.
 - Declaration on Aug. 14 for better world relations.
 - Repeated as NFL champs.
 - Federal agency created Apr. 11 to fix prices and prevent inflation.
 - Remote island nation attacked by Germany on Feb. 10.
 - Cartoon about flying elephant opened on Oct. 23.
 - Japan attacks America on Dec. 7.
 - Knockout punch in second round on Feb. 17 to retain heavyweight boxing title.
 - Surrendered by British to Japan on Dec. 25.
 - World Series champs in five games.
 - Stanley Cup champions in NHL.
 - Ordered to close consulates in U.S. on June 16.
 - British sunk deadly German warship on May 27.
 - U.S. act of Mar. 11 provides war supplies to Allies.
 - Largest dam opened ar. 22 in Washington state.
 - Withdrew from League of Nations on Apr. 18.
 - Colony occupied by U.S. on Apr. 10.
- A. Pearl Harbor
B. Office of Price Administration
C. New York Yankees
D. Joe DiMaggio
E. Germany
F. Joe Louis
G. Franklin D. Roosevelt

Five Years Ago In the Grapevine

FEBRUARY 1997

*Tempers flared at a combined meeting of both the Visitacion Valley Task Force and Little Hollywood Committee at the Community Center on Jan. 25 as neighbors voiced their displeasure of operations at Norcal's Solid Waste Transfer Station located on Tunnel Avenue.

Sump, the Grump



A Short History of Vaccine Development

With the exception of providing safe water, nothing-including antibiotics-has had a more positive effect on reducing death and helping populations around the world than vaccines. Modern vaccines started more than 200 years ago when Edward Jenner

Some Classified Classics

As the following classified classics will demonstrate, there are often more laughs on the advertising and classified pages than you can find in the cartoon and comic strips:

- *Lost: small apricot poodle. reward. Neutered. Like one of the family.
- *A superb and inexpensive restaurant. Fine foods expertly served by waitresses in appetizing forms.
- *Dinner Special - Turkey \$2.35; Chicken or Beef \$2.25; Children \$2.00.
- *For sale: antique desk suitable for lady with thick legs and large drawers.
- *Four-poster bed, 101 years old. Perfect for antique lover.
- *Now is the perfect time to get your ears pierced and get an extra pair to take home, too!
- *We do not tear your clothing with machinery. We do it carefully by hand.
- *No matter what your topcoat is made of, this miracle spray will make it really repellent
- *For Sale. Three canines of undetermined sex.
- *For Sale - Eight puppies from a German Shepherd and an Alaskan Huskey.
- *Creative daily specials, including select offerings of beef, fowl, fresh vegetables, salads, quiche.
- *Great Dames for sale.
- *Have several very old dresses from grandmother in beautiful condition.
- *Tired of cleaning yourself? Let me do it.
- *Dog for sale: eats anything and is fond of children.
- *Vacation Special: Have your house exterminated.
- *Mt. Kilimanjaro, the breathtaking backdrop for the Serena Lodge. Swim in the lovely pool while you drink it all in.
- *The hotel has bowling alleys, tennis courts, comfortable beds and other athletic facilities.
- *Get rid of aunts: Zap does the job in 24 hours.
- *Save regularly in our bank. You'll never regret it.
- *We build bodies that last a lifetime.
- *Offer expires December 31 or while supplies last.
- *This is the model home for your future. It was planned by Better Homes & Gardens.
- *Man, honest. Will take anything.
- *Man wanted to work in dynamite factory. Must be willing to travel.
- *Used Cars: Why go elsewhere to be cheated? Come here first!
- *Christmas tag-sale. Handmade gifts for the hard-to-find person.
- *Wanted: Hair-cutter. Excellent growth potential.
- *Wanted. Man to take care of cow that does not smoke or drink.
- *Three-year-old teacher needed for pre-school. Experience preferred.
- *Our experienced Mom will care for your child. Fenced yard; meals and snacks included.
- *Our hikinis are exciting. They are simply the tops.
- *Auto Repair Service. Free pick-up and delivery. Try us once, you'll never go anywhere again.
- *See ladies blouses. 50 percent off!
- *Wanted. Preparer of food. Must be dependable like the food business, and be willing to get hands dirty.
- *Illiterate? Write today for free help.
- *Girl wanted to assist magician in cutting-off-head illusion. Blue Cross and salary.
- *Wanted. Widower with school-age children requires person to assume general housekeeping duties. Must be capable of contributing to growth of family.
- *Mixing bowl set designed to please a cook with round bottom for efficient beating
- *Mother's helper - peasant working conditions.
- *Semi-Annual after Christmas Sale.
- *And now, the Superstore - unequalled in size, unmatched in variety, unrivaled in convenience.
- *We will oil your sewing machine and adjust tension in your home for \$1.00

developed a smallpox vaccine in 1789. Ultimately, smallpox vaccination efforts were so successful that in 1980 the World Health Organization declared the disease had been eradicated. Following are some key milestones in vaccine development:

- 1885: Louis Pasteur, known for his animal vaccines, injects a rabies vaccine into two people and causes controversy. Few people at the time were comfortable with the idea of introducing a deadly, live virus into a human being.
- 1896: Vaccine for cholera and typhoid are developed using killed versions of bacteria. A killed vaccine for the plague was developed in 1897.
- 1923: A powerful toxin from diphtheria bacteria is chemically inactivated and used as a "toxoid" to kill bacteria. Before the vaccine as many as 200,000 cases occurred each year, with 15,000 deaths. Between 1980 and 1995, only four children died from diphtheria.
- 1926: A killed vaccine for pertussis ("whooping cough") is developed, using the whole pertussis organism.
- 1927: A tetanus "toxoid" is developed. Before the tetanus vaccine, there were about 600 cases a year in the U.S. with 180 deaths, now about 70 cases occur, causing 15 deaths. By the late 1940s tetanus was combined with diphtheria and pertussis as the children's vaccine "DTP."
- 1954: Jonas Salk develops a killed polio virus that decreased paralysis cases from 20,000 in 1952 to 1,600 in 1960.
- 1961: Alfred Sabin develops an oral polio vaccine using a live virus, which is easy to take and was successful at eliminating the spread of polio.
- 1963: A safe and effective measles vaccine is developed, reducing the number of cases from four million in 1962 and 3,000 deaths, to 309 cases in 1995, with no deaths.
- 1964: A killed rabies vaccine is developed, but requires up to 30 painful shots in the abdomen. By 1980, a newer version requires only five shots in the arm to protect against this deadly disease.
- 1967: A vaccine for mumps is licensed, reducing the incidence from about 200,000 cases annually with 20 to 30 deaths to about 600 cases with no deaths.
- 1970: Several strains of rubella are weakened to make a vaccine. Between 1964 and 1965 there were about 12 million cases leading to birth defects in 20,000 children. Now there are about five cases of birth defects each year. By 1971, measles, mumps and rubella vaccines were combined into a single shot known as MMR.
- 1970s & 80s: Meningococcal, pneumococcal and haemophilus influenza type b (Hib) vaccines are developed, using a piece of the bacteria cover to provide a safe antigen for the body to react to. These vaccines help protect against life-threatening diseases such as meningitis, blood infections and some pneumonias.
- 1986: A vaccine for hepatitis B is licensed with an antigen that is cloned rather than grown.
- 1990: A killed vaccine for hepatitis A is developed.
- 1995: A varicella (chicken pox) vaccine is licensed for use in children.
- 1996: The first "DTaP" vaccine is approved, using only part of the pertussis organism, combined with diphtheria and tetanus. Annual pertussis deaths have dropped from 8,000 before the vaccine to about 10 today.
- 2000: Influenza vaccine use reaches 70 million doses. Premature death related to influenza is estimated at 20,000 people annually.
- While many advances have occurred in the last two centuries, science is poised for even more in the future. Today, researchers are working to improve existing vaccines and to search for vaccines to fight HIV/AIDS, cancer and other diseases.

Thieves Caught in the Act

Although some people in the City supplement their incomes by removing the contents of other residents' recycling bins, it is still illegal. Recently the Grapevine observed the following vehicles engaged in recycling theft: CA plates 6F63255 and 4 REP322.

As a Matter of Fact

- *Ice cream first appeared in Italy around 1559.
- *The underground stem of a plant is called a rhizome.
- *The expression "hold a candle to" had to do with the method of testing eggs for freshness in Shakespeare's time.
- *French physician Rene Laennec developed the first stethoscope in 1816.
- *The nickel was first issued in 1866. Between 1794 and 1873, a coin called the half-dime was available.
- *The raisin industry in California got its start from the early missionaries who planted the first grape vines.
- *Wedding rings were first worn by the Romans and were made of iron.
- *The nectarine is a cross between a plum and a peach.
- *The herb caraway is believed to prevent departures. That's why it was used in many love potions.
- *The Crusaders introduced sugarcane, which was native to India, to Europe when they returned home from the crusades.
- *The raspberry is a member of the rose family.
- *Golf was developed in Scotland around 1100.
- *The word rhythm comes from the Greek word *rhythmos*, meaning measured motion.
- *The cello's real name is the violoncello. The full name of the piano is the pianoforte.
- *At a wedding there is usually one usher for every 50 guests.
- *Some places near the earth's equator receive as much as 400 inches of rain each year.
- *Marie Antoinette had a music box the size and shape of a life-size canary.
- *Dirty snow melts faster than clean.
- *At the court of Louis XIV, prestige was measured by the height of the chair one was allowed to sit in.
- *The dogfish is actually a small shark.
- *The first pizzeria opened in Naples, Italy in 1830, and the first delivery was made to King Umberto and Queen Margherita.
- *The dingo, the wild dog of Australia, rarely barks. They are, however, known to howl.
- *Terriers were originally bred to drive game out of holes in the ground. Terrier comes from *terra*, the Latin word for earth.
- *The first known dental school opened in Baltimore, Maryland in 1840.
- *The world's first passenger train made its debut in England in 1825.
- *The boysenberry was named after botanist Rudolph Boysen.
- *Alessandro Volta invented the first electric battery in 1792.
- *In a wedding ceremony, usually the maid of honor carries the same bouquet as the bridesmaids.
- *Luther Burbank introduced 69 new kinds of fruit, including stoneless cherries and white blackberries.
- *Venezuela's Angel Falls is a mile high.
- *Beethoven was totally deaf when he composed his Ninth Symphony.
- *In Greek mythology, the muse Polymnia presided over hymns, pantomime and religious dance; terpsichore over choral dancing and singing.
- *The Lincoln penny is the only U.S. circulating coin currently produced in which the portrait faces to the right.
- *Salted-in-the-shell peanuts are soaked in brine to get the salt flavor before they are roasted.
- *The first license to broadcast regularly went to station WBZ in Springfield, Massachusetts.
- *The substance which resembles human blood most closely is sea water.
- *The functionless "extra" claw on the inside of a dog's leg above the paw is called a dew claw.
- *To be classified as brilliant, a diamond is cut so as to have 58 facets.
- *Sequoia National Park is named for the Cherokee Indian who invented a system of writing.
- *Bathing suits known as bikinis take their name from an atoll in the Marshall Islands where the atomic bomb was tested.
- *In 1893, Queen Isabella of Spain became the first woman to be featured on a U.S. commemorative coin.

Visitation Valley Police Log

*Dec. 9: 8 p.m., 100 block of Rey St., robbery, armed with dangerous weapon.
*Dec. 10: 9 a.m., 900 block of Visitation Ave., burglary, unlawful entry.
*Dec. 10: 6 p.m., 400 block of Raymond Ave., grand theft of property.
*Dec. 11: 11:30 a.m., Geneva & Brookdale Aves., grand theft from person.
*Dec. 11: 11:30 p.m., 400 block of Raymond Ave., burglary, store construction, unlawful entry.
*Dec. 12: 4:40 a.m., 000 block of Blythdale Ave., burglary, hot prowl, attempted forcible entry.
*Dec. 14: 2:20 a.m., 300 block of Leland Ave., burglary, forcible entry.
*Dec. 14: 3:12 p.m., Visitation Ave. & Cora St., robbery, hodily force.
*Dec. 15: 3:14 p.m., 1000 block of Visitation Ave., grand theft of property.
*Dec. 16: 10 p.m., 1700 block of Geneva Ave., robbery on street, strongarm.
*Dec. 18: 11:12 a.m., 1200 block of Brussels St., burglary, hot prowl, forcible entry.
*Dec. 18: 1:45 p.m., 400 block of Raymond Ave., burglary, forcible entry.

Risotto is Easier to Make Than You Think

Risotto, the traditional rice dish of Italy, may be haute cuisine on the restaurant scene, but it is pure comfort food at heart and much simpler to make than you might imagine.
"The rumor is, risotto is somewhat tricky to master," says Kimberly Park of the USA Rice Federation. "But if you can stir, you can cook risotto—it's that easy."
In restaurants, risotto may be served as an entree, but also an appetizer, side dish, or even a dessert. Like many food trends that begin in restaurants, the dish is quickly moving into home kitchens.
To help cooks conquer "risottophobia," USA Rice recently developed a new brochure, "Risotto: Causing a Stir," featuring tips for making perfect risotto, along with 10 easy-to-prepare recipes.
"The reason risotto is so wildly popular is not difficult to define," says Park. "It's a one-dish meal that's easy to prepare, perfect for a weekday supper or a relaxing dinner with friends, elegant without being complex, and the ultimate

*Dec. 18: 2 p.m., Sunnydale Ave. & Sawyer St., grand theft from person.
*Dec. 19: 8:30 p.m., 000 block of Raymond Ave., hurglary, forcible entry.
*Dec. 21: 4 p.m., 1800 block of Sunnyvale Ave., burglary of apartment house, unlawful entry.
*Dec. 24: 2:45 p.m., 000 block of Schwenn St., burglary, forcible entry.
*Dec. 24: 8 p.m., 300 block of Leland Ave., burglary, residential construction, forcible entry.
*Dec. 25: 11 p.m., 100 block of Albert St., grand theft from locked auto.
*Dec. 27: 7 p.m., Santos St. & Velasco Ave., grand theft purse snatch.
*Dec. 28: 12:45 a.m., 1500 block of Sunnydale Ave., aggravated assault with bodily force.
*Dec. 30: 12 noon, 200 block of Blythdale Ave., aggravated assault with hodily force.
*Dec. 31: 3 p.m., 2000 block of Sunnydale Ave., hurglary, forcible entry.
*Jan. 2: 2:15a p.m., 000 block of Raymond Ave., grand theft from locked auto.
*Jan 2: 9 a.m., 1100 block of Brussels St., grand theft of property.
*Jan. 2:11 a.m., 3500 block of San Bruno Ave., aggravated assault with deadly weapon.

comfort food-rich, filling and nourishing to the soul."

Tangy Tomato and Lemon Risotto
4 cups chicken broth; 1 tablespoon olive oil; 2 finely chopped shallots; 1 cup uncooked arborio or medium grain rice; 1 cup cherry tomatoes; 1/4 cup lemon juice; 1 tablespoon lemon peel.
Heat broth in 2-quart saucepan over medium heat until it comes to a simmer. Reduce heat to low and keep warm. Meanwhile, heat oil in large saucepan over medium heat. Add shallots; cook until soft. Add rice and stir 2 to 3 minutes. Increase heat to medium-high; stir in 1 cup broth. Cook uncovered, stirring frequently, until broth is absorbed. Continue stirring and add remaining broth, 1 cup at a time, allowing each cup to be absorbed before adding another. Cook until rice is tender and mixture has a creamy consistency, approximately 25 to 30 minutes. Stir in tomatoes, lemon juice and lemon peel. Serve immediately. Makes 6 servings.
For a free copy of "Risotto: Causing a Stir," send a self-addressed, business-size, stamped envelope to: "Risotto," c/o USA Rice, P.O. Box 740121, Houston, TX 77274. Recipes and tips can also be found at www.usarice.org.

Learning the ABCs of All the Vitamins

Providing your body with the nutrients you need for a healthy lifestyle may be as simple as learning your ABCs—vitamins A, B and C, that is.
"In today's hectic world, many people are not eating well-balanced meals that would naturally provide the vitamins and minerals their bodies need to function properly," said Rite Aid Pharmacist Sarah Matunis, R.Ph. "For some, there may be health conditions, such as digestive disorders and high stress levels, that cause certain vitamins not to be absorbed properly."
Supplementing your diet with vitamins takes some planning to ensure you're selecting the right products for your nutritional needs. The first step is to evaluate your diet. Are you eating the recommended amount of red meat? If not, you may be low in iron. Not enough fruits and vegetables? You may want to look for a product with antioxidants. A terrible diet all-around? A multivitamin may be the answer.
"If you know you're low in one particular vitamin, then look for a product that provides just that nutrient," said Matunis. "If you would require numerous vitamins on a regular basis, then a multivitamin

Protect Your Engine with Regular Oil Changes

Here's a slick idea for helping your car keep its cool as the weather turns colder: change the oil. This can extend the life of your engine and make your car more valuable for many seasons to come. By frequently changing the motor oil, you can expect an engine life of 150,000 miles or more.
Why change the motor oil?
Experts at the Kendall Motor Oil Technical Service Department explain that if motor oil is not changed regularly, it will attract destructive acids, wear particles, varnish, carbon and sludge. If they remain in the oil, they will cause accelerated wear, increased operating temperatures, malfunction of internal parts and eventually engine failure.
The normal wear of an engine creates metallic particles small enough to be carried by the oil. Additives, designed to prevent particles from causing chemical reactions, are depleted in the process, therefore the oil must be changed to provide ongoing protection.
Selecting the motor oil that is most appropriate for your passenger car, light duty truck or sport utility vehicle is very important.

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the build-up continues, you can suffer serious health problems that may include hypertension, kidney failure and poor blood clotting.
The same proper dosage advice holds true for other vitamins that don't get stored in fat but pass through your body unabsorbed. A dose beyond what your body needs is simply money down the drain. Even though vitamin C gets flushed out of the body, too much in a short period of time can lead to diarrhea.
"Because of the potential health problems with too high a dosage, it's especially important that children are taught that vitamins are medicine and not candy," said Matunis.
For more information on vitamins, see your specially trained Rite Aid pharmacist or go to www.riteaid.com to "Ask the Pharmacist."

Grapevine Want Ads

VOLUNTEERS WANTED for VVCC After School Program to tutor children ages 5-14 at one of our 11 sites in the Visitation Valley area. Interested persons contact Dee Smith, VVCC After School coordinator, (415) 585-2059.
A LITTLE GOES A LONG WAY. The John McLaren Child Development Center seeks in-kind donations for our newly-created lending library: children's books and magazines, small children's furniture, writing and/or art supplies, educational/cultural games or posters. Thank you in advance for your kindness and generosity! Please send all donations to John McLaren Child Development Center, 2055 Sunnydale Ave., San Francisco, CA 94134. Call 469-4519 if you would like for us to pick-up any materials.
BEEN THERE...DON'T HATE IT! The Visitation Valley Jobs, Education and Training Program (across from the site of the recently demolished Geneva Towers) is accepting TANF and GA clients for "Welfare to Work—Job Readiness Training." Classes are conducted by sensitive community trainers from Visitation Valley. Got issues? No problem! We'll solve them together as you reach for your own self-sufficiency. Feel comfortable while you're trying to sell yourself into today's labor market. Contact Ann or Mary at (415) 239-2866 or 239-2877.
GRAPEVINE 15TH ANNIVERSARY ISSUE featuring a 10-page history of Visitation Valley is still available in limited amount. Contact the Grapevine at 467-9300. By mail, single copies are \$1 each. Send to: Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.
GRAPEVINE DISPLAY ADVERTISING now half off regular rates for a limited time. Full Page: \$75, 1/2 Page \$40, 1/4 Page \$22.50, 1/8 Page \$12.50, 1/12 Page \$7.50. Discount for three or more insertions. Call (415) 467-9300 for more details. **Want Ads:** 20 words for \$1. Extra line 50 cents. Ad and payment should be received by 20th of prior month at Visitation Valley Grapevine, 50 Raymond Ave., San Francisco, CA 94134.

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San Francisco City Meetings
Aging 1st Wed 9:30a; Airport 1st/3rd Tu 3p; Arts 1st Mon 3p; Education 2nd/4th Tu 7p; Health 1st/3rd Tu 3p; Housing Auth. 2nd/4th Th 4p; Human Rights 1st/3rd Th 4:30p; Library 1st Tu 5:30p; Planning Th 1:30p; Police Wed 5:30p; Port 1st Tu/3rd Wed 4:30p; Public Utilities 2nd/4th Tu 2p; Rec & Park 3rd Th 2p; Social Services 4th Th 9a; Status Women 4th Th 4p; Supervisors Mon 2p.
Visitation Valley Community Center
Mondays: Senior Shopping 11:30 a.m.; **Tuesdays:** Senior Ceramics 9:30 a.m.-4 p.m.; Senior Bingo 12:30 p.m.; **Thursdays:** Sewing Class 9 a.m.-3 p.m.
VVCC Regular Board Meeting, held the 4th Thursday of each month at 5 p.m. (No meeting in December; 2nd Saturday of May 2002).

San Francisco City Services

ABANDONED CARS.....781-JUNK
ANIMAL CONTROL.....554-6364
BUS SHELTER DAMAGE.....882-4949
CITY TREES (trimming).....695-2162
CRIME-STOPPERS (anonymous) 1-800-2GIVEINFO
DOMESTIC/FAMILY VIOLENCE.....864-4722
DPW.....(days) 695-2017; (nights/weekends) 895-2020
EMERGENCY SERVICES.....9-1-1
EMERGENCY SERVICES (cell-phone).....553-8090
GARBAGE SERVICE COMPLAINTS.....255-3610
GRAFFITI CLEANUP (DPW).....241-WASH
GRAFFITI SUSPECT INFO.....553-1603
INGLESIDE STATION (Anonymous 333-3433).....553-1603
LELAND AVENUE RESOURCE CENTER.....585-2675
MAYOR'S OFFICE.....554-7111
MAYOR'S NEIGHBORHOOD SERVICES.....554-6110
NARCOTICS TIP LINE (anonymous) 1-800-CRACKIT
PARKING AND TRAFFIC PROBLEMS (DPT).....563-1200
POLICE (non-emergency).....553-0123
POTHOLE REPAIR.....695-2100
SAFE (neighborhood watch groups).....673-SAFE
STREET LIGHTING CITY (out of order).....554-0730
STREET LIGHTING PG&E (wood poles).....693-3201
SUNNYDALE RESOURCE CENTER.....586-7572
TRAFFIC SIGNALS (out of order).....550-2736
TRAFFIC ENGINEERING.....554-2300
VVMs ANONYMOUS HOTLINE.....281-8406

Visitation Valley Business Directory

Valley business and organization free listings in the 415 area code. Call the Grapevine at (415) 467-9300.

AQUARIUMS
ASIAN OISCUS AQUARIUM, 130 Leland Ave., 333-0772
AUTOMOTIVE
BAYSHORE AUTO, 2260 Bayshore Blvd., 467-6130
BAYSHORE SERVICE (mechanic) 2596 Bayshore Blvd., 239-5239
CHARLIE'S GARAGE (Charlie Awegh), 2550 Bayshore Blvd., 239-7450
T.W. AUTOMOTIVE (mechanic), 2500 Bayshore Blvd., 585-8281
VALLEY AUTO & TRUCK SUPPLY (Bill Conte), 2520 Bayshore Blvd., 239-5880
BANK
BANK OF AMERICA, 6 Leland Ave., 622-4501
BAKERS
CUNEO BAKERY, 96 Leland Ave., 239-6090
LITTLE OUIAPO BAKE SHOP, 169 Leland Ave., 239-2253
BARBERS
DeMASI'S BARBER SHOP, 35 Leland Ave.
THE SHOP (JB), 178 Leland Ave., 239-6709
BEAUTICIANS
ANGEL COIFFURES, 5 Leland Ave., 239-9891
MAY MAY BEAUTY SALON, 60 Leland Ave., 337-9381
MIZ RENA'S SALON, 19 Blanken Ave., 467-3399
NAILS BY JENNY, 50 Leland Ave., 333-6800
WHO'S BADD, 224 Leland Ave., 657-3156
BLIND CLEANING
SPEEDY ULTRASDNIC BLIND CLEANING (commercial and residential), 1116 Girard St., 467-7506
BOARDING HOUSE
ABLE'S CASA, 850 Rutland St., 333-4664, fax 333-4693
BOOKKEEPERS
AMY ARAGDN, PROFESSIONAL BOOKKEEPER, 467-8927
VERNA WALLACE E.A., 2320 Bayshore Blvd., 239-5333
CARPETS
HANSAN INTERIORS, 41 Leland Ave., 333-6382
CASKETS
CASKETORIUM, INC., 93 Leland Ave., 585-3451, Cell 722-8500
CHURCHES
CHURCH OF THE VISITAC/DN, 655 Sunnydale Ave., 239-5950
IGLESIA EL ESPIRITU SANTO, 38 Leland Ave.
KOREAN FIRST PRESBYTERIAN CHURCH, 333 Tunnel Ave., 468-1213
RIDGE VIEW UNITED METHODIST CHURCH, 590 Leland Ave., 239-5457
ST. JAMES PRESBYTERIAN CHURCH, 240 Leland Ave., 586-6381
VALLEY BAPTIST CHURCH, 305 Raymond Ave., 467-6055
VISITACION CHINESE BAPTIST CHURCH, 8 Desmond St., 333-4503
CLDTHING
SPONA, 9 Leland Ave., 239-9631
COFFEE HOUSE
HAPPY OONUT, 2600 Bayshore Blvd., 469-5309
DAY CARE
CAROUSEL DAY CARE, 261 Hahn St., 469-5353
DENTIST
VISITACION VALLEY DENTAL OFFICE (Albert Kuan, DDS), 37 Leland Ave., 239-5500
DEVELOPERS
GENEVA VALLEY DEVELOPMENT CDRP, 333 Schwenn St., 587-7895
ELECTRICAL
TATE ELECTRIC (Joel Tate), 467-4657
FLORISTS
IL FIDRE FLDWERS, 2466 San Bruno Ave. 468-0145
GARDEN ORNAMENTS
SILVESTRI GARDEN ORNAMENTS, 2635 Bayshore Blvd., 239-5990
GROCERS
E.Z. STOP MARKET, 2203 Geneva Ave., 585-9240
FIVEMILE MARKET, 3574 San Bruno Ave., 467-7300
K.C. MARKET, 400 Wide St., 467-3024
LITTLE VILLAGE MARKET, 1450 Sunnydale Ave., 586-1815
M & M SHORTSTOP, 2145 Geneva Ave., 585-0878
PICCOLLO PETE, 2155 Bayshore Blvd., 468-6800
SARI-SARI FOOD STORE, 58 Leland Ave., 239-0580
7-11, 2200 Bayshore Blvd., 468-8646
SHUN LEE MARKET, 2400 Bayshore Blvd. 586-4851
SMITTY'S MARKET, 2610 Bayshore Blvd., 239-5506
SUPER FAIR MARKET, 201 Leland Ave., 239-6856
TEDDY'S MARKET, 298 Teddy Ave.
VALLEY SUPERMARKET, 65 Leland Ave., 239-7520
HERBS
KWOK/HONG CHINESE HERBS, 57 Leland Ave., 585-8751
SAN DN HERBS, 33-A Leland Ave. 333-7469
HYPNOTHERAPY
VALERIE HABEGGER-HYPNOTHERAPY, 371 Teddy Ave., 468-5631

INSURANCE
ROBERT LEHMAN, CLTC, CMFC, 333-0850
KITCHEN CABINETS
LEE CHANG INTERNATIONAL, INC., 25 Leland Ave., 333-2730, fax 333-1706
LAUNDRY/CLEANERS
BAY WASH, 44 Leland Ave.
CITY WASH INTERNATIONAL, 83 Leland Ave., 333-9467
COIN WASH & DRY LAUNDRY, 186 Leland Ave.
FORTY-NINER CLEANERS (David Chan), 51 Leland Ave., 239-6418
LELAND AVENUE CLEANERS, 151 Leland Ave., 586-1412
VALLEY LAUNDRY, 90 Leland Ave.
VISITACION VALLEY LAUNDRY, 108 Leland Ave., 239-9030
LEARNING
3-N-1 LEARNING ACADEMY, 240 Leland Ave., 584-8555
VISITACION VALLEY COMMUNITY BEACON CENTER, 450 Raymond Ave., 452-4907
VISITACION VALLEY FAMILY SCHOOL, 325 Leland Ave., 585-9320
LIBRARY
VISITACION VALLEY BRANCH, 45 Leland Ave., 239-5270
LDGING
THRIFT LODGE, 2011 Bayshore Blvd., 467-8811
MANUFACTURER
NATID NWIDE PAPER, 345 Schwenn St., 586-9160
MEDICAL
AMERICAN REO CROSS, BAY AREA CHAPTER, 1704 Sunnydale Ave., 584-3620
HAWKINS VILLAGE MEDICAL CLINIC (Dept. of Public Health), 333 Schwenn St., Appointments 715-0310
OR SAM HO, MO, 9 Siltman St. No. 4 337-6135
NORTH EAST MEDICAL SERVICES, LELAND AVENUE, 82 Leland Ave., 391-9686 (ask for Leland Avenue clinic)
PORTOLA FOOT & ANKLE CLINIC (Dr. Divyang Patel) 2858 San Bruno Ave. 467-7500
NOTARY
ROYAL PACIFIC MORTGAGE & REALTY, 46 Leland Ave., 333-4900
ORGANIZATIONS
ASIAN PACIFIC AMERICAN COMMUNITY CENTER, 2442 Bayshore Blvd., 587-2689
GENEVA TERRACE PROPERTY OWNERS ASSOCIATION, 60 Burr Ave., 584-2700
GIRLS AFTER SCHOOL ACADEMY, 2050 Sunnydale Ave., 333 Schwenn St., 584-4044

JOHN KING SENIOR CENTER, 590 Leland Ave., 239-6233
LELAND HOUSE, 141 Leland Ave., 405-2000
SENIOR CENTRAL DISTRICT 7, 66 Raymond Ave., 330-1789
VISITACION VALLEY SENIOR CENTER, 66 Raymond Ave., 467-4499
PHARMACY
VISITACION VALLEY PHARMACY, 100 Leland Ave., 239-5811
PHOTOGRAPHER
WALTER CORBIN PHOTOGRAPHY (freelance), 435 Sawyer St., 587-9471, fax 337-8620
PLUMBING
MARK VOELKER PLUMBING, 99 Arleta Ave., 467-7401
POST OFFICE
VISITACION USPO, 68 Leland Ave., (800) 275-8777
REAL ESTATE
CAMERON-JONES, INC. (Cathy Kline-Saunders), 334-0800
RESTAURANTS
CLIFF'S BAR-B-Q & SEAFOOD, 2177 Bayshore Blvd., 330-0736, Fax 330-9813
G & L BAKERY & RESTAURANT, 198 Leland Ave., 239-6283
HONG YUN RESTAURANT, 73 Leland Ave., 469-5686
SUN FAI RESTAURANT, 30 Leland Ave., 587-2763
LUAN FAT BAKERY, 110 Leland Ave., 585-1167
RUSSIA HOUSE, 2011 Bayshore Blvd., 467-0252
SHIREL'S SOUL FOOD, 107 Leland Ave., 239-5141
TWO JACK'S RESTAURANT (seafood and burgers), 167 Leland Ave., 337-0433
SELF-DEVELOPMENT
DYNAMIC DEVELOPMENTS (Marjorie Ann Williams, CEO, Career and Self-Enhancements Specialist) 467-7608
SERVICE PROVIDERS
THE VILLAGE, 333 Schwenn St., 239-5045
VISITACION VALLEY BILINGUAL EDUCATION, SUPPORTIVE SERVICES & TRAINING (VVBSST), 120 Leland Ave., 586-7347
VISITACION VALLEY COMMUNITY CENTER, 50 Raymond Ave., 467-6400
VISITACION VALLEY JOBS, EDUCATION AND TRAINING (VVJET), 333 Schwenn St., 239-2866
SHOE REPAIR
ARMANDO'S SHOE REPAIR (Armando Rosignuolo), 156A Leland Ave., 239-7216
SIGNS
SMITH'S SIGNS, 153 Leland Ave., 333-2700
TAVERN
THE CLUB HOUSE, 25 Blanken Ave.
VIDEO
SIN FUNG VIDEO, 144 Leland Ave., 586-1038

Neighbors Plan Future of Visitacion Valley

Visitacion Valley has recently seen the construction of several major development projects, including Britton Courts, Heritage Homes, the John King Senior Community and a new parks along the Greenway.

The next few years promise to bring more change to the neighborhood with the construction of the Third Street Light Rail on Bayshore Boulevard, a new Caltrain station, and development of the former Schlage Lock site. Schlage Lock is currently being re-zoned, giving the community an opportunity to develop goals for revitalizing the area.

District 10 Supervisor Sophie Maxwell, together with Urban Ecology and the San Francisco Planning Department, neighborhood groups and local residents, launched a community planning process with two neighborhood workshops last November which generated the following ideas, priorities and goals for the future:

Community Life and Neighborhood Identity

**A Sense of Identity for Visitacion Valley:* We could be the gateway to San Francisco. Identify and mark and entrance to the Valley. Use the new development to reduce our isolation.

**A Destination:* A place people can walk comfortably and talk to each other. A place people want to come. A neighborhood that serves all ethnic peoples.

**The Diversity of People:* It is our greatest asset. Build places for the community to come together and grow across cultures.

**Neighborhood Unity:* Build a political voice for the neighborhood. Create new cross-cultural programs.

Retail

**Grocery Store That Provides Choices:* Berkeley Bowl is a good example because there are so many choices. It is locally owned, provides local employment and has a good selection of affordable ethnic and international foods.

**New Hardware Store and a Larger Drug Store:* Help improve the existing drug store or create another one linked to a health center. A hardware store that is local, but still has competitive prices. More good restaurants.

**Neighborhood Shops on Leland:* Small retail to meet day-to-day needs: coffee shops, bakery, video store, restaurants, fruit stands, meat market, pharmacy, hardware, restaurants, a cinema. The neighborhood can have a full range of retail to become a city within a city. New buildings on the commercial streets should have apartments above shops. An inviting atmosphere. Sidewalk cafes. Preserve the business already there. Facades must invite people in; have outdoorside walk seating like North Beach or Noe Valley.

**Larger Businesses on Bayshore and Former Schlage Lock Site:* Chains okay, but no big box... Regional services and anchor stores are okay along Bayshore. To make the street viable, bring in money and support other businesses.

**Open Evenings:* Restaurants and entertainment to make Leland Avenue and Bayshore Boulevard more vibrant, safe and alive at night. Increased vitality equals stability and safety.

**Space for a Farmers Market:* Could be shared with a public plaza or parking lot.

Economic Development

**Business Incubator And Merchants Association:* Support existing small businesses. Offer small business loans, financial assistance, funding for business owners, and small business training. Can be a revitalization tool.

**Leland Facade Improvement Program:* Make stores more inviting. Business fronts should own the street and invite people in. Remove or redesign uninviting security gates.

**Locally Owned Businesses:* Help keep money in the neighborhood. Youth-owned businesses like Golden Gate Community, Inc. which runs Einstein's/Ped Revolution and Ashby Images.

**Job/Vocational Training Programs:* Part of a City College Extension?

**Local Hiring:* If people live and work here, they are investing in the area. Link new development to local jobs.

Housing

**Balance of Housing and Other Community Needs:* The amount of new housing should be proportional to retail, city and social services and open space. Don't overbuild services, but don't under-build housing.

**Affordable Housing for Working Families and Seniors:* High-density but

balanced by courtyards. Safe and affordable to working class people. Mixed with shops. Preserve existing housing.

**First-Time Homebuyers:* Use strategies that increase access like rent-to-own.

**Mixture of Housing Types:* We should have a mix of housing types like Little Hollywood.

**Good-Looking Design:* Build housing that looks nice, like Bernal Dwellings and Heritage Homes. Make housing child-friendly with playgrounds. Rooftop spaces with gardens and solariums. Rehabilitate Sunnysdale!

Transportation

**Traffic Calming:* Limit large truck traffic on Bayshore Boulevard. Connect Bayshore to Little Hollywood, and on Geneva Avenue, over the tracks to the freeway. Decrease traffic speeds on Mansell Street. Brighter streetlights and stop signs. Install more streetlights, especially near bus stops. Speed bumps on Leland Avenue.

**Transit:* Create bus lines going to the Sunset and Richmond districts. Do a comprehensive plan to connect and resolve congestion and parking issues. Planning should consider transit opportunities outside of cars, such as bike lanes. How will the light rail affect traffic on Bayshore? Will it make traffic worse by reducing it to two lanes? The light rail should go to Geneva Avenue, then through to BART and City College. Put palm trees and public art around the new Third Street rail station. Make it like the San Mateo transit station. Put a pedestrian shortcut through the site from Leland Avenue to Caltrain and Little Hollywood. Connect Bayshore Boulevard to 101; maybe it will decrease the trucks through the neighborhood.

**Parking Options:* Designated parking for merchants and permit parking for residents. Consider shared parking for day and evening users. Open a lot near the library and consider parking on top of stores. Do a parking demand study to make sure that the train and LRV stations have enough parking and don't take up street parking. But don't create too much parking either.

**Street Improvements:* Create destination points to encourage walking. Improve pedestrian safety too, especially on Bayshore Boulevard and Leland Avenue. We need both maintenance and education to keep the streets clean. Why not billboards along Bayshore Boulevard that say, *Welcome to Visitacion Valley?* More street trees and planters everywhere! Need for community support to maintain them. Outdoor cafes and street furniture. Like Grand Avenue in South San Francisco. Keep the street narrow like Clement or Irving streets.

**Connections between Leland and Schlage Lock:* Movement should flow easily across Bayshore Boulevard. Consider pedestrian overpasses at Leland or Arleta avenues, or reopening the pedestrian tunnel safely. Longer traffic signals allowing pedestrians the time to cross safely. Make Leland Avenue a pedestrian mall and tie it into the former Schlage Lock site with a glass atrium.

New Development

**Uses for Schlage Lock:* A mix of uses will bring stability. Put ho or using on Schlage Lock. Good place for a new grocery store. Housing above stores on lively streets. Keep the saw tooth building for a grocery store artist spaces and the old Schlage building for a civic use – library, City College or museum. The Schlage office building could be a police station. Everything should flow; movement of people safely and well. Make it commercial, but make it a place for families. Child-centered services and businesses. Housing and businesses coming together to support each other.

**Relationship Between Schlage Lock and the Neighborhood:* New develop on the east side should tie into the neighborhood. Have new development be a bridge – make sure the neighborhood is connected between Little Hollywood and the Valley. Extend Leland Avenue into Schlage Lock.

**Appropriate Scale:* Design building heights to complement the neighborhood. Don't block out the sunlight with tall buildings. Use the existing neighborhood for ideas. Set back higher buildings from the street.

**Good Design:* Keep a good ratio of open space to new development. Development should be designed for pedestrians and transit users. Use Delancy Street housing



Visitacion Valley residents are eager to see improvements to Leland Avenue, the neighborhood's main street.

as a model: well-designed and high-density housing, affordable units with job creation. Bring out the cultural and historical qualities of the neighborhood and make it architecturally spicy. Maybe some Asian or Pacific Islander motifs. Bring out the *art deco*.

Opportunities for Services

And Programs at Schlage

**City College:* Add more and free ESL classes, and vocational and job training. It's a way to bring people together. Everything should be multi-lingual. Bring arts classes and a bookstore.

**Larger Library:* A public library with a larger, more multi-lingual collection, more seats, longer hours and a computer learning center.

**Police Substation:* Have bilingual police officers patrol the streets. Start an evening crime watch patrol and a senior escort service.

**Cultural and Education Center:* Artists studios, Samoan exhibits, dance classes, Asian Museum extension. Should be a place to celebrate local talents. A new branch of the California Academy of Sciences would provide education for

community residents and bring good things here.

**Day Care/Preschool:* Can be housed in a community center and associated with City College. It can provide childcare service, information and referral. Connect the day care to the transit station.

**Youth Programs:* Youth counseling organization with bilingual counselors. A leadership program recording the histories of elders in the community. Skate parks!

**Senior Programs:* Make sure they have multi-lingual staff. Establish branch of self-help for the elderly. Provide meals for seniors.

**Local Unemployment Services:* Like the regional occupation program of San Mateo County.

**More Small Schools:* Small local schools so kids can go to school in their own neighborhood.

**Recreational Facilities:* Parks and playgrounds, a gym for indoor and outdoor activities. Redo the pool and build a skate park.

**Multi-Lingual Health Center:* With a pharmacy attached.

Open Space and the

Parents Reminded of New California Child Safety Seat Laws

AAA of Northern California reminds parents of a new state law affecting the safety of their children.

As of Jan. 1, children must now ride in an age and weight appropriate child safety seat until they are either 6 years old or weigh at least 60 pounds. Previous laws required kids to be in safety seats until they were 4 years old and 40 pounds.

"Traffic crashes are the leading cause of death for kids," said AAA safety seat expert Melanie Gilmour. "The goal of this new law is to minimize those numbers."

"A booster seat is critically important for kids," said Gilmour. "They are designed to help position children to fit properly in seat belts, which are designed for adults."

When correctly seated in a booster seat, the shoulder belt fits snugly across the center of the child's shoulder and chest, avoiding the neck or face. The lap belt should fit firmly across the upper thighs, not sliding up on the abdomen.

"Lap belts positioned on the abdomen can result in serious internal injuries to a child in the event of a car crash," said Gilmour.

Even with California's new law, the National Highway Traffic Safety Administration (NHTSA) recommends using a booster seat until the child is 8 years old, 80 pounds, and 4 feet 9 inches tall.

Try this 5-step test to see if your child should ride in a booster:

1. Does the child sit all the way back against the auto seat?
2. Do the child's knees bend comfortably at the edge of the auto seat?
3. Is the lap belt below the tummy, touching the thighs?
4. Is the shoulder belt centered on the shoulder and chest?
5. Can the child stay seated like this for the whole trip?

If you answered "no" to any of these questions, your child needs a booster seat to ride safely in the car.

For a free AAA brochure on

California's new Booster Seat Law, call the AAA Traffic Safety Department at (800) 637-2122. For a downloadable version of the brochure, a list of agencies

Euro Actually Beneficial

French francs, Italian lire and Dutch guilders will soon be nothing more than play money. With the start of a new year came the start of a new unified currency – the euro – for a dozen European countries. What does it mean for travelers? AAA Travel, the nation's largest leisure travel agency, answers questions and offers helpful tips for those heading abroad.

"There may be some confusion the first few months but ultimately the euro is going to be a huge benefit for travelers," said AAA Travel spokesman Atle Erlingsson. "First and foremost, they will save a lot of money by avoiding the cost of commissions for exchanging currency in each country."

Nations replacing their currency with the new euro are: Austria, Belgium, Finland, France, Germany, Greece, Ireland, Italy, Luxembourg, the Netherlands, Portugal, and Spain. But not all countries joined the euro craze. Notable holdouts include: Britain, Denmark and Sweden.

Gas Prices Still Down in Northern California

AAA reported Jan. 15 that most cities in Northern California were continuing to experience falling gas prices, despite production cutbacks at California refineries and a brief increase in crude oil prices.

In the past month, the average price for a gallon of regular unleaded self-serve gas in Northern California fell 11 cents to \$1.27, the lowest average price since March 1999. The Bay Area average is \$1.32, a 15-cent drop over the past month, also the lowest price since March 1999. San Rafael saw the biggest monthly decrease, with prices dropping 18 cents to \$1.32 a gallon.

The California average fell 2 cents to \$1.22 a gallon.

"In California, gas prices had fallen farther than expected due to weak demand and to seasonal and economic conditions,"

Natural Environment

**Parks and Public Spaces:* Preserve and improve parks. Link all the parks to Candlestick and Brisbane through recreation and education. Improve public spaces, more benches, cleaner streets, sidewalks, and better access to parks. Improve street cleaning. McLaren Park should be beautified and made safe. Take advantage of its location and slope. Make it accessible by bus. Plant more trees and flowers around the neighborhood.

**Central Plaza on Schlage:* Put bike paths through the site and a small park with a dog run. A playground. Capitalize on the view of the Bay. Keep a sense of spaciousness.

**Environmental Health:* The Department of Toxic Substance Control should ask for a full clean-up of the site. Toxins shouldn't be used to prevent development.

**Regional Planning:* Planning for the whole valley. An ecologically balanced environment. Think about the entire watershed (Visitacion Valley, Daly City and Brisbane) in planning.

offering free safety seat inspections, and other child safety information, visit AAA's traffic safety website at www.ottoclub.org.

Euro Actually Beneficial for European Travelers

Outgoing currencies are still accepted until Feb. 28, with exceptions in the Netherlands (which stopped using the guilder on Jan. 27), Ireland (Feb. 9), and France (Feb. 27).

Here in the U.S., major banks will continue exchanging currency as long as the individual country's central bank accepts it.

"With so many countries coming under the umbrella of one currency it will be much easier for travelers to comparison shop," said Erlingsson. "Now they won't have to memorize different conversion rates when renting a hotel room, eating dinner or buying clothes."

On the foreign exchange market, one euro is approximately 90 cents.

Expect to encounter seven denominations of banknotes (500, 200, 100, 50, 20, 10, and 5) and eight coins (2 euro, 1 euro, and cent pieces: 50, 20, 10, 5, 2, and 1). Each design was tested to be practical for the visually impaired.

Gas Prices Still Down in Northern California

said Bronwyn Hogan, AAA spokeswoman.

The national average rose 2 cents to \$1.13, ending the price decline that began after Sept. 11.

"OPEC and rival exporters agreed last month to remove almost 2 million barrels per day from the world's 76 million bpd market to head off this year's predicted glut," said Alan Kovski, energy analyst. "These cuts are an attempt to boost prices, which have fallen 30 percent since the terrorist attacks."

According to the Department of Energy, oil demand in the United States, the world's biggest consumer, was 4 percent below the previous year at 19.9 million bpd in December 2001. However, the first week of the year showed a rise of 6.2 million barrels.